

CRYSTAL THERAPY

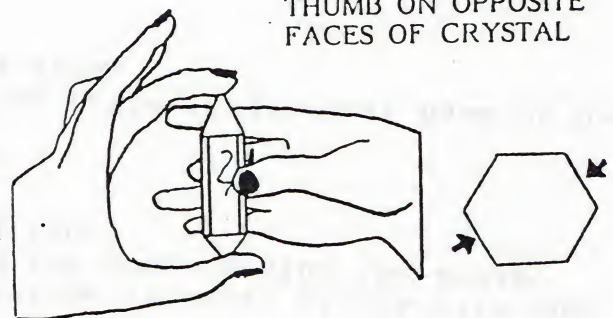
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CONSULTATION WITH PERSON

Have the client express what energy imbalance is desired to be release, such as emotional, physical or mental traumas. These are patterns of energies fixed in space within their bio-energetic bodies. Discuss that these patterns of energies block or inhibit the natural flow of the bio-energetic field. Perhaps explore, that this is in fact the source or root of the disfunction or block. It is necessary to remove the source - the higher self knows.

CLEAR THE CRYSTAL

Draw your breath in through your nose and focus on the crystal with the thought of "clearing" while holding the crystal as indicated on the diagram (alternating fields cancel out each other, as on a magnetic tape). Now PULSE your breath out through your nose. Repeat this procedure for each pair of faces or sides of the opposing crystal.



PLACE FINGER AND
THUMB ON OPPOSITE
FACES OF CRYSTAL

LOOKING FROM
CLEARING A CRYSTAL ABOVE

CHARGE THE CRYSTAL

Hold the cleared crystal in your hand. Now draw your breath in through your nose and focus on the crystal with the thought of LOVE AND WELL BEING. Project this thought into crystal and PULSE your breath out through your nose while squeezing the crystal.

THERAPY

1. **AFFIRMATION FROM THE SUBJECT**- Hold the crystal in your one hand while the other hand touches the shoulder of the subject. Ask the subject to verbally state what is it they want to release in order to return to balance and harmony. Also, have them verbalize that this therapy is what they want.
2. **PRAYER AND/OR LINKING WITH THE DIVINE MIND**- Call whatever Higher Source or power you identify with and ask for blessing and proper timing and release for the individual's highest good.
3. Therapist draws breath in and holds it.
4. Penetrate witness area (thymus) counter-clockwise and hold (~1 1/2-2" from subject's body).
5. Rotate clockwise (~1/4 turn) and lock in. (Resume breathing normally.)
6. Wait until subject acknowledges entry. Acknowledgement can be by verbal means by subject or observation of subject's body - i.e. change in his breathing or swaying.

7. Use diagonal up and down motion across chest, amplifying field.
8. Breath in and out with subject with above step.
9. Rotate crystal clockwise over witness area.
10. Have patient go by visualization to the area needing treatment.
Ask for the source of the blockage and KNOW that the higher self KNOWS.
11. Speed up clockwise motion, increase volume of voice, building up to a climax.
12. Both the subject and therapist draws in deep breath. Hold breath.
Sharply express the word "RELEASE."
13. Subject and you both release breath forcibly (PULSE breath) out through nose.
14. Quickly pull hands down and away from subject.
15. Bend subject forward at waist while supporting subject at the back of his neck with left your hand, and at solar plexus with crystal in right.
16. Repeat steps 10-15, if necessary, twice more.
17. Brush excess energy off aura with left hand from neck to sacrum, a number of times if needed.
18. Stroke up and down across the chest at the thymus area a few times like a zig zag sewing stitch. This closes up the energy field.
19. Slowly circle chakras and whole body starting at solar plexus with one hand on the front of the energy body and the other behind the energy body, both rotating in a clockwise direction.
20. Send in thoughts of love and well-being.
21. "Short" (ground) the body while supporting subject with left hand on back of neck and with crystal hand on witness area.

THE PATIENT'S ROLE

1. Go to the area disease or site of energy block.
2. Go to the source, the root cause of the disease.
3. Release this blockage and its cause.
4. Visualize the area whole, alive, and flowing.
5. Fill the site with love, health, and well-being.